August 10-All workouts are written for short course yards. Add :10 per 100 if swimming meters.

10 x 150

2 x free 2:15

1 x IM 2:30/2:40

1 x backstroke 2:30

1 x kick 2:30/2:40 2x

8 x 50

2 x 25 All out

6 x 50

4 x 25 All out

4 x 50

6 x 25 All out

2 x 50

8 x 25 All out

2x

Round 1-swim :50

Round 2 kick 50’s-moderate :55/25’s-all out :30

12 x 100 1:40

1st 25-gut buster

2-4 25’s-6 fly kicks off wall

200 warm down